

University of Minnesota Morris Digital Well

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Student Counseling

Disciplines and Departments

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Trauma Informed E-Newsletter: Issue 5

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Trauma Informed

Monthly E-Newsletter on Trauma Informed Practices for Faculty & Staff

TRAUMA INFORMED EVENTS ON CAMPUS: TIPS FROM REBECCA RAMPE, STAFF PSYCHOLOGIST AND OUTREACH COORDINATOR, UNIVERSITY OF NORTH CAROLINA WILMINGTON (2021 NASPA STRATEGIES CONFERENCE)

Physical and Psychological SAFETY: Some students may be anxious, **what are you doing at the event to increase comfort?** (e.g. taking temperatures, hand sanitizer, wipes, food from stores only, restaurants only that have their own standards versus homes. **Provide** a very transparent agenda, costs and how people can get the most out of the event either virtually or in person. **Welcome** people into spaces virtual or physical and **consider** privacy in sharing events on social media and some people worrying about people finding out where they are.

Trustworthiness: Decisions are made with transparency with a goal of building trust in community. **Start and end on time.** Trust comes with a willingness to discuss the tough stuff like mistakes or loss. **Share** how technology is being used and **avoid forced participation.**

TRAUMA INFORMED INSIDE THIS ISSUE:

- Trauma Informed Events
- Square Breathing
- Historical Trauma Research Seminar
- Information

Peer Support: Opportunities to build peer relationships for the benefit of self and others. **Consider** relationship building activities within programming/breakout or pairing with new people to avoid cliques. **Incorporate ice breakers** when needed. **Provide structure** for small group time and partner with student organizations.

Empowerment: Giving people a voice and a choice while providing opportunities for growth. **Ask for feedback.** Empower people to host and or engage in programming similar to the one being done. **Thank people for sharing** during programming while encouraging more. Share with the audience the best ways to participate in the program. (i.e. raise their hand, chat box, etc.

U of M Extension Lecture: Historical Trauma Research Seminar

Eduardo Duran, author of *Healing the Soul Wound: Counseling with American Indians and Other Native Peoples*, talks about indigenous psychology, linguistic and conceptual differences between western and indigenous views of healing, and how to get people back on-track to harmony.

<http://mediacentre.maramatanga.ac.nz/content/historical-trauma-research-seminar-dr-eduardo-duran>



Trauma Informed Events Continued,,

Collaboration: Meaning sharing of power and decision making in order to place an emphasis on relationships despite hierarchy. **What do they want to see** and are there options for feedback year round? What groups can you collaborate with who have a shared mission.

Highlight people sharing real experiences within programming and provide space for this to occur. Check in during the program on how the participants are feeling and what they may need to fully engage.

Cultural Integration: People have both visible and invisible identities that should not be assumed or assigned so consider this. White supremacy exists in many forms and must be explored for an anti-racist approach. Know the history of your city and avoid heteronormative language.

